

# Food Groups Matching Game

Fruit and  
Vegetables

Beans, Pulses,  
Fish, Eggs,  
Meat and  
Other

Dairy and  
Alternatives

Food and Drinks  
High in Fat  
and / or Sugar  
Eat less often and in  
small amounts.



Bread, Rice,  
Potatoes and  
Pasta and Other  
Starchy Foods

Oils and Spreads

